

# Month Overview



## WEEK 1

## WEEK 2

## WEEK 3

## WEEK 4

### DAY 1

SET YOUR GOALS!  
WHAT DO YOU NEED  
TO GET ON WITH?

ONE WEEK IN:  
TIME TO CELEBRATE!

TWO WEEKS IN:  
REWARD YOUR  
SUCCESSSES!

THREE WEEKS IN:  
CELEBRATION TIME!

### DAY 2

CHECK OUT THE 'GET  
GOING' GAME AND  
CHOOSE YOUR  
TASKS!

LEARN ABOUT  
OBSTACLES:  
STOP GETTING  
STOPPED!

THE TWO P'S:  
PERFECTIONISM  
AND  
PROCRASTINATION

BE WILLING TO START  
OVER

### DAY 3

CHOOSE YOUR  
REWARDS

THE POWER OF  
IMAGINING SUCCESS

FEELING OFF?  
EMOTIONS AND  
PROCRASTINATION

QUIZ TIME!

### DAY 4

GET SOME ROUTINES  
SET UP!

DON'T  
UNDERESTIMATE  
SMALL STEPS

GET PRACTICING!  
SCENARIOS!

CONVERSATION  
MEAL MAT

### DAY 5

FIND OUT WHY YOU  
DRAG YOUR FEET

GET MORE TIME IN  
YOUR DAY -  
RAPUNZEL STYLE!

THE FOUR LETTER  
WORD... H.E.L.P!

HOW DO YOU TICK?

### DAY 6

WATCH OUT FOR  
WISHFUL THINKING!

WHAT ARE YOU  
SAYING?  
LISTEN TO OUR SELF  
TALK

WHAT IS YOUR  
SUPERPOWER?  
BUILD ON YOUR  
STRENGTHS

HOW DO YOU TICK?  
MAKE YOUR OWN  
PLAN!

### DAY 7

YOUR  
SUPER POWER  
IS YOUR  
WILL POWER!

BORING TASKS - HOW  
TO MAKE THEM FUN!

DON'T GIVE UP!  
DON'T LET FAILURE  
MAKE YOU STOP

SECRET  
ENCOURAGERS!

# Dare to do it!



DAY 29

FOUR WEEKS IN:  
TIME TO CELEBRATE!

DAY 30

SPEAK  
ALIEN AND PRACTICE!

DAY 31

AND...  
START AGAIN!

MISS A DAY? NO WORRIES! THE MATERIAL IS NOT SEQUENTIAL AND YOU CAN DO IT AT YOUR OWN PACE.